

# **Outdoor-Based Business**

# **Sun Protection Policy Guidelines**

#### Introduction

Skin cancer is considered epidemic by the Centers for Disease Control and Prevention. Over one million Americans are expected to get skin cancer this year. That's more people than the collective total of all who will get cancers of the prostate, breast, lung, and colon. Exposure to ultraviolet (UV) rays in sunlight causes 80 to 90 percent of all skin cancer cases. Risk for skin cancer can be greatly reduced when certain precautions are practiced.

It is prudent for safety staff to establish a sun safety policy to protect employees from excessive sunlight, and to avoid potential liability and litigation stemming from subsequent blistering sunburns, dehydration, and skin cancer. This document is designed to assist safety personnel as they create sun protection guidelines for their unique setting.

Some statements presented in this sample policy may prove impractical and may need to be modified or totally omitted from the procedures administrators develop. The goal is to adopt as many of the sun safety principles and strategies as possible, according to their feasibility.

Following are the basic tactics for preventing skin cancer. Secondly, the sun safety tips are translated into guidelines for outdoor activities.

## **Basic Personal Strategies for Preventing Skin Cancer**

- 1. Reduce exposure to sunlight between 10 a.m. and 4 p.m. (10 a.m. to 3 p.m. during the winter), as feasible.
- 2. Wear full-body coverage clothing when outside in sunlight including four-inch full brimmed hats, long-sleeve shirts, and full-length pants (weather permitting).
- 3. Use sunglasses that state they protect from 100 percent of UVA and UVB. A UV-protective coating can be added to prescription glasses.
- 4. Apply full-spectrum (UVA & UVB) sunscreen SPF 15 or greater to exposed skin, 30 minutes before going outside in the sun.
- 5. Use lip balm that has a SPF rating of at least 15.
- 6. Seek **shade** when outside in the sun.





























### Suggested Guidelines for Outdoor Recreation or Work

- 1. For all outdoor labor occurring on sunny (non-rainy) days especially between 10 a.m. to 4 p.m. staff will be encouraged to:
  - A. Work in shaded areas, when practical.
  - B. Wear full-body coverage clothing that includes:
    - (1) four-inch or more full-brimmed hats that, when worn, create a shadow that completely covers the head, face, nose, ears, and neck. (Flappy-jacks, patterned somewhat like a baseball hat with neck flaps, may sometimes prove a practical solution.)
    - (2) long-sleeve shirts and full-length pants made of tightly woven fabric that is lightweight. This strategy applies when temperatures are reasonable.
  - C. Wear sunglasses that protect from 100 percent of UVA & UVB (full-spectrum).
  - D. Thirty minutes before going outside, apply a SPF 15 or greater broadspectrum (UVA/UVB), water-resistant sunscreen to exposed skin.
  - E. Use lip balm that has a SPF rating of at least 15.
- 2. Sun protection training and materials will be provided to staff encouraging them to practice sun safety while either on the job or engaging in any outdoor pastimes.
- 3. These guidelines will be communicated and reinforced to employees through verbal reminders, posters, signs, pamphlets, notices, payroll stuffers, newsletters, and meetings, etc.

